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NEWS
WORTH
SHARING.

What's old will be new

Aging Dartmouth building may be sold rather than saved for museum purposes, as had been initially agreed **PAGE 4**

Six SMU football players suspended

University is acting on alleged hateful, racist, violent tweets **PAGE 5**

Manitobans pull together after explosion

Many residents remain without heat for third day **PAGE 6**

WHO'S THE ANGRY BIRD NOW?

WHILE YOU WERE BUSY HITTING BRICKS, THE NSA MAY HAVE BEEN BUSY HITTING UP YOUR GPS, POLITICS AND SEXUAL ORIENTATION **PAGE 9**



GUILTY OF MURDER

Accused Demarco Smith heads into Nova Scotia Supreme Court in Halifax on Monday to hear the verdict of his murder trial in the 2010 killing of Casey Downey at a house party. He was found guilty of second-degree murder, which carries an automatic sentence of life in prison. Story, page 3.

JEFF HARPER/METRO

Jury deliberating in Kirwan case

Murder trial. Don't let prejudice, fear sway you, judge says

The jury at the Amber Kirwan murder trial began deliberations Monday after the judge presiding over the case told them not to allow public opinion to influence their discussions as they determine Christopher Alexander Falconer's legal fate.

Falconer, 31, has pleaded not guilty to first-degree murder in the death of the 19-year-old woman, who vanished after leaving a pool hall in downtown New Glasgow in the early hours of Oct. 9, 2011. Her naked, bound remains were found about a month later in a shallow grave in Heathbell.

"You must consider the evidence and make your decision without sympathy, prejudice or fear," Judge Nick Scaravelli of the Nova Scotia Supreme Court told the jury.

Scaravelli's instructions came following three weeks



Amber Kirwan CONTRIBUTED

Christopher Alexander Falconer
THE CANADIAN PRESS FILE

of testimony. He told the jury they have three possible verdicts: not guilty, guilty of first-degree murder or guilty of second-degree murder if they believe Falconer caused Kirwan's death but did not kidnap and forcibly confine her.

He told the jurors to give fair and impartial consideration to all the evidence presented and while he encouraged them to come to a unanimous verdict, they are allowed not to reach one.

"You are entitled to come to common-sense conclusions based on the evidence that you accept," Scaravelli said.

In closing arguments last Friday, defence lawyer Mike Taylor and Crown attorney Bill Gorman both asked the jury to give a common-sense analysis of the evidence.

Gorman said while the case is circumstantial, the only logical conclusion based on the evidence is that Falconer committed the offence. But Taylor said there are a number of other plausible explanations that create a reasonable doubt.

On Monday, Taylor expressed relief that his client's fate was now in the hands of the jury. **THE CANADIAN PRESS**



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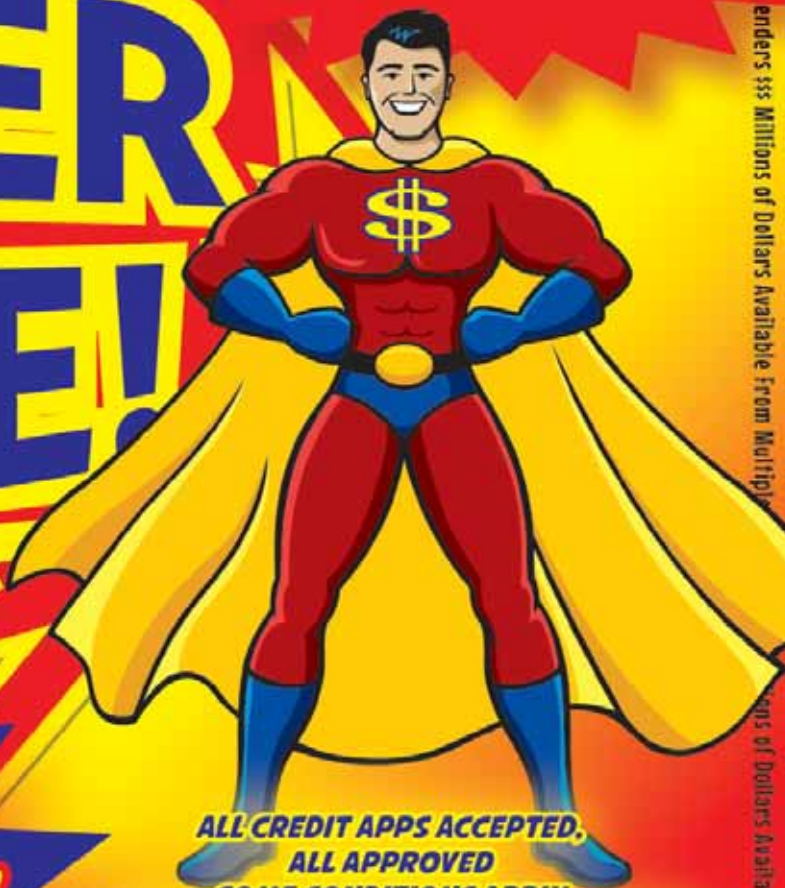
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East Hants

Woman killed in head-on collision

Police are investigating a fatal head-on crash in the East Hants area on Monday morning involving a Chignecto-Central Regional School Board employee.

RCMP spokesman Sgt. Alain LeBlanc said police were called at 8:22 a.m. about the two-vehicle accident involving a Jeep and a Toyota car on Highway 354 in Kennetcook.

LeBlanc said the 50-year-old woman driving the Toyota was killed in the crash, and two 14-year-old male passengers were taken to the Colchester Regional Hospital with non-life-threatening injuries.

RCMP said the driver of the Jeep, a 23-year-old woman, was not hurt.

"It's too early to know what happened," said LeBlanc.

Chignecto-Central Regional School Board spokeswoman Debbie Buott-Matheson confirmed the woman was on her way to work on Monday as part of her "daily routine" when the collision happened.

"We're shocked. Our hearts and our sympathies go out to the families that are involved," Buott-Matheson said. "It's terrible."

Officers at the scene reported that road conditions were slippery Monday morning, LeBlanc said.

HALEY RYAN/METRO

Provincial court

Zinck pleads not guilty to DUI

Former Dartmouth North MLA Trevor Zinck has pleaded not guilty to drunk driving.

Lyle Howe, Zinck's lawyer, entered the plea on his client's behalf Monday in provincial court in Dartmouth.

Zinck was arrested Oct. 2 after police stopped a vehicle on the street where he lives in the Halifax area.

He was charged with impaired driving and having a breathalyzer reading above the legal limit of 80 milligrams of alcohol in 100 millilitres of blood.

His trial has been set for Dec. 17.

Zinck, who represented the riding of Dartmouth North from June 2006 to June 2013, was previously convicted in the province's spending scandal.

THE CANADIAN PRESS



Demarco Smith, who was out on bail, waits in the lobby of Nova Scotia Supreme Court in Halifax on Monday. Inset: Emotions ran high after Smith was convicted of second-degree murder in the 2010 death of Casey Downey. JEFF HARPER/METRO

Self-defence argument rejected in murder case

Supreme Court.

Demarco Smith found guilty of second-degree murder for using knife to kill younger man



RUTH DAVENPORT
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A Supreme Court judge has rejected the argument Demarco Smith was acting in self-defence when he stabbed a younger, lighter, unarmed and intoxicated man through the heart at a house party almost four years ago.

Nova Scotia Supreme Court Justice Patrick Duncan convicted Smith, 28, of second-degree murder in the death of Casey Downey, 19.

"(Smith) controlled that an-

Parole

Smith's parole eligibility will be decided April 14.

ger sufficiently so he was not going to be the aggressor, but that he would prepare himself for when Mr. Downey came after him," said Duncan, after a review of the evidence and case law that lasted more than two hours on Monday. "In a sense, he was lying in wait for Mr. Downey to attack him."

Several witnesses testified Downey started an argument with Smith early on Feb. 7, 2010, over helping to clean up after a house party on Downey Road in North Preston.

Smith admitted to pulling a knife twice during the dispute and claimed when Downey eventually charged at him,

Smith raised his hands in self-defence — forgetting about the open knife he was holding.

Although he accepted Downey was the aggressor, Duncan said Smith never testified he had feared for his life and he wasn't justified in arming himself with a lethal weapon.

"I'm satisfied that in the circumstances ... the use of the knife was significantly more than was necessary to ward off any threat that might have been posed by Mr. Downey," said Duncan.

The judge also rejected the argument the stabbing was unintentional, noting forensic evidence that the wound track was inconsistent with an accidental impalement.

"The blade of the knife pierced three layers of clothing, scalloped a rib and continued ... through pulmonary arteries and veins and into the heart

chamber," said Duncan. "It is not credible to say the force associated with Mr. Downey colliding with the accused ... would account for this type of wound."

Crown attorney Roland Levesque said he wasn't surprised the judge rejected the self-defence argument.

"Relying on the Crown's version of facts and especially the autopsy results and the degree of violence that was used in inflicting the wound, he came to the only reasonable conclusion that it was an intentional act that was carried out," he said.

Duncan imposed the automatic sentence of life imprisonment as Smith's supporters gasped and sobbed in the public gallery.



Follow Ruth Davenport on
Twitter @ncnvenienttruth

HRP

Cop accused of domestic violence

Halifax Regional Police have suspended with pay a seven-year member of the force after he was arrested Monday on allegations of domestic violence.

Police were called to a

downtown Halifax apartment building at 5:40 a.m., and according to the province's Serious Incident Response Team, officers encountered the off-duty HRP officer and a woman in the lobby.

The officer has been released from custody on a promise to appear in court at Halifax provincial court on Feb. 27.

He is also prohibited from contacting the woman. METRO

Crosswalk incident

Woman uninjured after being struck by vehicle

Police say a 32-year-old

woman escaped injury after she was struck in a crosswalk by a vehicle in Halifax on Monday night.

The accident happened at 7:40 p.m. as the victim was crossing in a crosswalk at Monastery Lane and Quinpool Road.

The victim was treated on scene by paramedics.

METRO

'At this long enough': Out with the old, in with the historic

Dartmouth. Councillor hopes to see new museum funded by sale of civic building



HALEY RYAN

haley.ryan@metronews.ca

An aging civic building in Dartmouth could soon be up for sale, and one Dartmouth councillor is hoping to see those funds set aside for a new HRM museum.

Coun. Gloria McCluskey said on Monday she agrees with a new staff report being presented to council on Tuesday that suggests 90 Alderney Dr. should be sold, despite a previous commitment the space would go to the Dartmouth Heritage Museum Society.

"It's not suitable for a museum," McCluskey said. "A museum should be a special-built property."

The building was promised to the Dartmouth Heritage Museum Society (DHMS) for use as a museum in 2009, but a CBCL study in 2011 concluded that a substantial renovation would have to happen to get it close to museum standards.

Upgrades to the boiler and heating system would be

needed to have the proper temperatures, and the water pipes would need to be re-routed along the corridors instead of throughout the building to prevent damage to exhibits if a flood ever happened.

In light of those changes and others, CBCL put the retrofit cost at \$7.8 million to get it to museum standards.

McCluskey said it would be best to sell the property and put the funds into a reserve for a new regional museum, which would house HRM's 40,000 artifacts.

Right now, 13,000 artifacts from across the region are being stored in a Burnside facility.

"The artifacts shouldn't be up in a warehouse, they should be there so the people can go in and enjoy them," McCluskey said.

She said many interesting pieces of history in the collection, including fire and police memorabilia, could help bring tourists into the area.

McCluskey said she was disappointed staff didn't recommend any sites for an HRM museum, and would prefer to start now instead of waiting for the completion of the Cultural and Heritage Priorities Plan as staff suggests.

"We've been at this long enough," McCluskey said.



The former Dartmouth City Hall Building on Alderney Landing. Inset: Coun. Gloria McCluskey hopes money from the sale of the building will go towards an HRM museum. JEFF HARPER/METRO; INSET: METRO FILE

Hundreds take to picket line in front of school board offices



Picketers in front of Cobequid Education Centre on Monday. TRURO DAILY NEWS

It was a somber mood along the sidewalk of Lorne Street Monday morning as hundreds of union members took to the picket line.

CUPE Local 3890 rejected the Chignecto-Central Regional School Board's latest offer during a ratification vote on Sunday, sending more than 400 custodians, bus drivers and tradespeople to the picket line.

Traffic along Lorne Street, which also sees Cobequid Educational Centre next door to

In the works

Education Minister Karen Casey, who is the MLA for Colchester North, said things are in the works to support the students.

the board offices, was backed up in both directions at times as picketers slowly made their way across the driveways to the offices and schools.

Exams for the high school students were beginning Monday morning, and at least one student was frustrated as they drove to school. "I'm trying to get to my exam so hurry up and get out of the way," the teenaged girl screamed out her rolled down window as she got stuck behind a vehicle trying to turn into the building where the board offices are.

As soon as she had enough room, the student passed the end of the vehicle in front of

her and sped down Lorne Street to the school.

The majority of the school board employees walked with placards around their necks.

"The signs say it all," said one picketer, who wished to remain anonymous.

He said there was one main reason the employees were on the picket line.

"We're afraid our jobs are being contracted out and the board is bullying us."

TRURO DAILY NEWS

Search warrant carried out

Senior, 81, one of 3 charged in drug raid

Two women and an 81-year-old man are facing drug charges after police searched a home in Halifax last Friday.

A release from Halifax Regional Police states a search warrant was carried

out at a home in the 2400 block of Creighton Street around 2 p.m. Jan. 24.

Officers seized hydro-morphine, cash and drug paraphernalia and arrested three people at the scene.

The man and two women, ages 26 and 27, are each facing a single count of drug possession for the purpose of trafficking. **METRO**

Safe and sound

Police locate missing Halifax man Matthew O'Dea, 20, in Ottawa

Police have located a missing Halifax man who

hadn't been heard from in over a week.

Police issued a release to say Matthew O'Dea, 20, had been reported missing on Jan. 22, four days after he was last heard from.

On Monday evening, police announced O'Dea was located in Ottawa and was safe and sound. **METRO**

Clayton Park

Pedestrian hit by car

A man was taken to hospital after being hit by a car after leaving a Metro Transit bus on Sunday evening.

Halifax Regional Police responded to the accident at 6:30 p.m. in the 200 block of Willett Street in Clayton

Park. Police say the 23-year-old man had just stepped off a bus, and was crossing the road when he was hit.

He was not in a crosswalk, and police say he was taken to hospital with non life-threatening injuries.

Police said the driver of the car, a 57-year-old man, was not hurt. No charges have been laid. **METRO**

SMU suspends six over tweets

Saint Mary's. Allegedly hateful messages all come from accounts belonging to members of football team, university says

'Unacceptable'

David Gauthier, a vice-president at Saint Mary's, said in a news release the tweets aren't consistent with the school's values, calling them "completely inappropriate and unacceptable."

er denies he sent the tweet, the university will conduct an investigation.

"We've told them they are suspended," Proctor said. "If they're denying that it's their posting, then we'll go back and we'll say, 'Let's look and see what the evidence is.'"

Proctor said the university may also decide to impose further academic discipline.

One of the tweets quoted by UNews said: "to that b**ch that bit me last night. Hope your dead in a ditch. you are scum."

The university attracted national attention last September over a student-led chant that glorified sex with underage girls. **THE CANADIAN PRESS**

Saint Mary's University says it has suspended six members of its football team for allegedly tweeting messages of hate, racism and sexual violence.

The move comes after an online publication produced by students at the University of King's College School of Journalism cited a number of tweets from accounts it said

belonged to members of the football team.

A spokesman for Saint Mary's University said Monday that officials have spoken to the football players and are trying to confirm if they sent the tweets as reported in UNews.

Steve Proctor said if a play-



Duplex destroyed, but no one injured

Firefighters were back on scene at Romkey Drive in Eastern Passage on Monday as they investigated the cause of a Sunday blaze that destroyed a duplex. No one was injured in the late afternoon fire. **JEFF HARPER/METRO**

2015

Dementia strategy to be unveiled

The Alzheimer Society of Nova Scotia and provincial government are co-leading an advisory committee in an effort to devise the province's first plan to care for people with dementia.

The plan is expected to be announced in the spring of 2015.

THE CANADIAN PRESS

Bluenose II

Cost of rebuild inflated: Group

Canadian Taxpayers Federation says the consortium rebuilding the Bluenose II is routinely adding hefty mark-ups on the bills it submits to the provincial government.

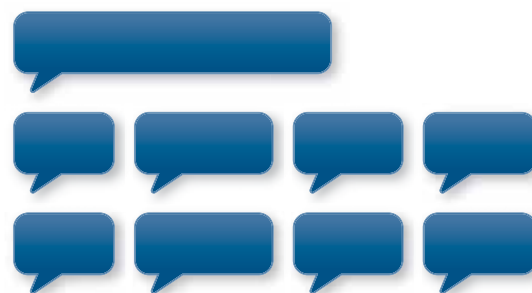
Kevin Lacey, the federation's Atlantic director, says the advocacy group has obtained documents showing that some materials pur-

chased for the much-delayed project were billed to the government with 43 per cent added premium.

Lacey says part of the province's contract with the Lunenburg Shipyard Alliance stipulates that any modifications not included in the original contract are subject to the markup.

He says the documents show that taxpayers are being charged too much for the project.

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Will it be ready? Canadian course builder leaves 'thrown together' Sochi

A Vancouver ski and snowboard course builder has left Russia after a less-than-stellar welcome to the Olympics.

Johnnie Balfour was hired to help shape courses for the 2014 Sochi Games, but decided not to stick around after a few days living in a dirty hotel room, commuting for two hours along flooded streets and questioning whether he'd be paid, according to his blog.

"I for one can't afford to take the gamble and hope that I will be paid. It is just too big of a risk for me," he wrote in a post that went viral.

Balfour also doubted whether Sochi would be ready for the Olympics' Feb. 6 start date.

"Nothing is finished here and there are piles of garbage everywhere. Muddy water is pouring off the mountain and flowing through the streets and the cobblestone pavers are all lifting up or disappearing into sinkholes," he wrote.

"This entire place was built in the last few years, it looks nice at first glance but look a little closer and you can see that it was just thrown together. Most of the buildings are not finished and with only two weeks to go before the games start, I doubt they ever will be."

It also took a long time to get accreditation, there was no clear way to navigate the bus system and food was expensive, Balfour said.

His hotel featured a toilet with muddy water, a shower covered in mud and no hot



Johnnie Balfour TUMBLR.COM

water or Internet.

"The water is undrinkable (it's brown) it's even sketchy to brush your teeth with it."

Balfour couldn't immediately be reached by Metro, but in a subsequent post said he stands by his criticism.

He did, however, say the mountain courses will be "amazing" in time for the Olympics and that his leaving will have "zero effect" on the competition.

"I am simply just one of a group of guys who do what I do. The head builder is still there as well as the other shapers," he wrote.

"There is plenty of snow on the mountain and the course will be ready and will be amazing. There is a group of very talented people working there and it will be fine."

Balfour also commended the volunteers that helped him navigate the Moscow airport and catch his flight to Sochi.

EMILY JACKSON/METRO IN VANCOUVER



TransCanada crews work on a gas pipeline leak that occurred just outside Otterburne, Man. JOHN WOODS/THE CANADIAN PRESS

Manitobans keep warm after blast

Resiliency. Many residents get creative after pipeline explosion leaves them without heat for third day

Many of the 4,000 residents of southeastern Manitoba affected by a natural gas pipeline explosion proved to be creative and resilient as they entered a third

day without heat Monday.

Steve Cope was using an electric fireplace and space heaters to keep his Niverville home warm as the temperature outside dipped to near -30 C.

"One (heater) we've got actually facing the cold-air return on our furnace, so it's kind of blowing that air into that cold-air return. And we have the fan running on the furnace so it's kind of circulating throughout

the house," Cope said.

TransCanada Pipelines vice-president Karl Johannson said the company hoped to have natural gas service restored by Tuesday. He suggested some communities could have gas back by Monday night.

There were no reports of injuries from the fiery blast, but Johannson apologized and promised that the company would cover any direct

losses people experienced. He thanked neighbours for helping each other by sharing space heaters and accommodation.

Municipalities in the region had set up warming centres, but they were virtually empty.

"It's great news because it means people have been very self-sufficient," Hanover municipality spokeswoman Heather Chambers Ewen said.

THE CANADIAN PRESS

Political Games? Tories to deliver federal budget during Winter Olympics

If there was any doubt the upcoming federal budget would be a low-key affair, the Harper Conservatives erased it Monday by announcing plans to deliver their new spending plan during the Winter Olympics.

Finance Minister Jim Flaherty said he'll table the budget on Feb. 11, when many Canadians are likely to be focused on Sochi and hoping for gold-medal performances from their Olympic heroes.

New Democrat Leader Tom Mulcair quickly accused the Conservatives of seeking to avoid public scrutiny of what he predicted would be a no-news, austerity-driven budget, bereft of plans or programs to



Finance Minister Jim Flaherty
THE CANADIAN PRESS

help create jobs.

"People need help now and the Conservatives should be acting now," Mulcair said.

THE CANADIAN PRESS

Florida

Suspect sought in death of Canadian

Florida police have issued an arrest warrant for a suspect in the death of a Canadian tourist, identified as 58-year-old Domenico Perruccio.

THE ASSOCIATED PRESS

Arizona

Calgary base-jumper dies in fall

A base-jumper killed in a fall in Arizona has been identified as a Canadian physician.

Police say the body of Dr. David Stather of Calgary was recovered Saturday.

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Auschwitz: 69 years after liberation from the Nazis

Survivors, Israeli officials. Ceremony at the Auschwitz-Birkenau memorial marks the notorious camp's liberation

A European Jewish leader condemned anti-Semitism as a crime on Monday as Auschwitz survivors and Israeli officials marked 69 years since the liberation of the Nazi death camp.

The ceremony at the Auschwitz-Birkenau memorial took place on International Holocaust Remembrance Day, established by the United Nations in memory of some six million Holocaust victims, and some 1.5 million victims of Auschwitz, who were mostly Jews.

Some 20 survivors walked through the gate that bares

Quoted

"We must assure our children and future generations that a different world, full of hope and free of fear, can be built."

Yariv Levin, Israeli coalition leader

the infamous "Arbeit Macht Frei" (Work Makes You Free) sign and laid a wreath at the former camp's Executions Wall, where the inmates, mainly Polish resistance members, were shot to death.

Half of the Israeli legislature joined the survivors for the observances that included visits to the red brick Auschwitz barracks that house a collection of the victims' belongings and hair. There is also a list of names of Jews who perished.

THE ASSOCIATED PRESS



Holocaust survivors arrive at a ceremony marking the 69th anniversary of the liberation of Auschwitz in Poland on Monday. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS



Ninety-five-year-old Russian author Daniil Granin at Germany's parliament. THE ASSOCIATED PRESS

Victims of the siege of Leningrad honoured

German lawmakers have honoured the victims of the Nazi army's three-year siege of Leningrad as part of this year's Holocaust Remembrance Day.

Daniil Granin, a 95-year-old Russian survivor, recounted in a speech to the German Parliament on Monday how thousands of people died of starvation each day

during harsh winters in Leningrad, now the Russian city of St. Petersburg.

The siege began in September 1941, three months after Nazi Germany launched Operation Barbarossa against the Soviet Union. About a million Soviet civilians and a similar number of soldiers died before the blockade was broken.

THE ASSOCIATED PRESS

Italy

Italian officials condemn threats against Jews

Italy's president has condemned threats against Rome's Jewish community in recent days, including the delivery of packages containing pig heads, as a "miserable provocation."

President Giorgio Napolitano said Monday during Holocaust Memorial

Day commemorations that recent insults to the Jewish community are "comparable only to the repugnant material in those packages."

Police on Monday said they have detained two men, ages 33 and 47, on suspicion of instigating racial hatred through anti-Semitic graffiti, including denial of the Holocaust. Authorities say the men belong to different far-right groups. THE ASSOCIATED PRESS



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A protestor guards the barricades in front of riot police in Kyiv on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine's president offers to scrap anti-protest laws

The government steps back. Eliminating the laws will likely be done in a special parliament session Tuesday

Ukraine's beleaguered president on Monday agreed to scrap harsh anti-protest laws that set off a wave of clashes between protesters and police over the past week, a potentially substantial concession to the opposition that stopped short of meeting all of its demands.

In a possibly major sticking point, a proposed amnesty for arrested protesters would not be offered unless demonstrators stopped occupying buildings and ended their round-the-clock protests and tent camp on Kyiv's central Independence Square, according to a statement by Justice Minister El-

ena Lukash on the presidential website.

President Viktor Yanukovich has been under increasing pressure since he pushed the tough laws through parliament, setting off clashes and protests in other parts of the country in a sharp escalation of tensions after weeks of mostly peaceful protests over his rejection of a deal to deepen ties with the 28-nation European Union.

At a meeting between top opposition figures and Yanukovich late Monday "a political decision was made on scrapping the laws of Jan. 16, which aroused much discussion," Lukash said.

She made no mention of a key opposition demand — that Yanukovich resign.

One of the opposition figures, Arseniy Yatsenyuk, turned down the prime minister's job, which Yanukovich had offered him on Saturday, the statement said.

Eliminating the laws,

Harper's piece

Prime Minister Stephen Harper expressed concern Monday that Ukraine is backsliding toward its communist past under the Soviet Union.

- Harper's remarks represented a dig at Russian President Vladimir Putin, who has been accused of exerting pressure on Ukraine President Viktor Yanukovich to curb his country's overtures to the West.

which is likely to be done in a special parliament session Tuesday, appears to be a serious step back for the government. The session is also expected to include a discussion of government responsibility in the crisis, suggesting a cabinet reshuffle could be imminent.

THE ASSOCIATED PRESS

Syria. Senior figure in al-Qaida-linked group reportedly killed

A senior figure in an al-Qaida-linked group in Syria has been killed in a bloody dispute with rival rebel factions that has raged for more than three weeks across opposition-held parts of the country, activists and an Iraqi intelligence official said Monday.

Heavy fighting between the Islamic State of Iraq and the Levant and rival rebels has left more than 1,400 people dead across northern Syria since Jan. 3. The clashes, which erupted after months of growing resentment against the Islamic State's heavy-handed tactics in the territory under its control, are the most serious among the opponents of Syrian President Bashar Assad since the country's civil war began.

The senior militant, an Iraqi who went by the nom de guerre of Haji Bakr, was killed earlier this month in the town of Tal Rifaat in the northern province of Aleppo,

Chemical weapons

On Monday, the international mission ridding Syria of its chemical weapons said a second batch has been removed from the country.

- The UN and the Organisation for the Prohibition of Chemical Weapons said the materials were verified before being loaded onto Danish and Norwegian ships and taken out of the country.

according to the Britain-based Syrian Observatory for Human Rights monitoring group.

That corresponded to reports provided by two activists based in the city of Aleppo, Hassan Kattan and another who spoke on condition of anonymity for security reasons.

THE ASSOCIATED PRESS

Tunisia. Progressive new constitution passed

After decades of dictatorship and two years of arguments and compromises, Tunisians finally have a new constitution laying the foundations for a new democracy.

The document is groundbreaking as one of the most progressive constitutions in the Arab world — and for the fact that it got written at all. It passed late Sunday by 200 votes out of the 216 seats in the assembly of the Muslim Mediterranean country that inspired uprisings across the

region after overthrowing a dictator in 2011.

"This constitution, without being perfect, is one of consensus," assembly speaker Mustapha Ben Jaafar said after the vote. "We had today a new rendezvous with history to build a democracy founded on rights and equality."

In a statement, UN Secretary-General Ban Ki-moon said that "Tunisia can be a model to other peoples who are seeking reforms."

THE ASSOCIATED PRESS



Members of the Tunisian National Constituent Assembly celebrate the adoption of the new constitution in Tunis, Tunisia, on Sunday.

AIMEN ZINE/THE ASSOCIATED PRESS

Brazil

Many dead, injured after bus-bulldozer crash

Brazilian authorities say 14 people were killed after a passenger bus slammed into a bulldozer that had fallen from a truck transporting it. Police say the accident happened in the northeastern state of Bahia. Local media reports citing hospital officials say at least 21 people were also injured.

THE ASSOCIATED PRESS

Trierweiler

French ex-first lady reappears

In her first public appearance since the French president broke up with her, Valerie Trierweiler bristled Monday when asked about her future during a charity visit to India and said, "Don't worry about me." Trierweiler did not address the scandal directly during a news conference with Action Against Hunger.

THE ASSOCIATED PRESS

Public knowledge

Crime records go online in Sweden

A website that lets Swedes check each other's criminal records has sparked a debate about the privacy of ex-convicts and their right to move on with their lives. Such databases are available in the United States, but aren't common in Europe, where privacy protection laws are typically stricter. By searching the Lexbase database, users can find out if a person has been convicted of a crime in the past five years. THE ASSOCIATED PRESS

Nigeria

Dozens killed in rebel attacks

Suspected Islamic extremists used explosives and heavy guns to attack a village and worshippers during a Christian church service in Nigeria's northeast, killing at least 99 people and razing hundreds of homes, officials and witnesses said Monday. THE ASSOCIATED PRESS

Corruption at Sochi games? Nyet, says Vladimir Putin

Russian roulette.

Website claims Russia spent twice as much as necessary to build 10 of the Olympic venues

An interactive website launched Monday by anti-corruption activist Alexei Navalny paints a vivid picture of suspected cost overruns and conflicts of interest at the Sochi Winter Olympics.

Russia has spent about \$51 billion US to deliver the Sochi Olympics, which run Feb. 7-23, making them the most expensive games ever, even though as a winter event it hosts many fewer athletes than summer games do.

Allegations of corruption have dogged preparations for the Sochi Games for years. Navalny's new website — sochi.fbk.info — combines data gathered during his own investigations along



A coffee mug in anti-corruption activist Alexei Navalny's office in Moscow has a portrait of Russian President Vladimir Putin printed on a sticker that says "Thief." Navalny launched a website Monday that shows suspected cost overruns and conflicts of interest at the Sochi Winter Olympics. IVAN SEKRETAREV/THE ASSOCIATED PRESS

with media reports and other activists' analysis.

Using colourful graphics, the website makes a wide range of data accessible in

English and Russian.

President Vladimir Putin has rejected claims about rampant corruption in Sochi, saying the inflated

prices were due to the honest mistakes of investors who underestimated the costs.

A 2012 report by the gov-

ernment's Audit Chamber found about 15 billion rubles (about \$500 million US) in "unreasonable" cost overruns in the preparations for the Sochi Olympics.

Auditors found that the work of some staff members at Olympstroy, the state company in charge of Sochi construction, between 2008 and 2010 was "conducive to incurring unreasonable cost overruns." At least three criminal investigations against Olympstroy employees have been opened, but none of them has reached court. Olympstroy has since changed its management.

The Games were not covered by Russian laws on tenders and procurement, making officials unaccountable for the money spent.

Olympstroy "is even less transparent than companies in (Russia's) state-owned sector, where corruption is rife," said Ivan Ninenko, deputy director of Transparency International in Moscow.

THE ASSOCIATED PRESS

Conflicts of interest

Alexei Navalny's new website lists several Sochi construction projects with evident conflicts of interest.

- The Ice Cube curling stadium was built by a company controlled by businessman Alexander Svishchev, the father of Dmitry Svishchev, president of the Russian curling federation.
- Putin's childhood friend Arkady Rotenberg, through a subsidiary, holds nearly 39 per cent of Mostotrest, which has won state contracts to build nearly all the highways in the area.
- Mostotrest's contracts in Sochi amounted to \$3.1 billion US, including a \$1.6 billion US bypass for Sochi, as well as tunnels, bridges and railroads.
- Mostotrest won the \$1.6-billion US bypass contract after tycoons Oleg Deripaska and Roman Abramovich dropped out in 2009. Mostotrest offered to build the road for 59.36 billion rubles, just barely below the maximum state price of 60.9 billion rubles.

Netanyahu's son dating a non-Jew from Norway

The love life of Prime Minister Benjamin Netanyahu's son is setting off sparks — in Israeli politics.

News that 23-year-old Yair Netanyahu is dating a statuesque non-Jewish Norwegian university student was not only a juicy item for the gossip pages, it also unleashed an uproar from religious lawmakers opposed to intermarriage, and prompted debate over the Jewish state's relationship with the outside world.

According to reports in Norwegian media, the Israeli prime minister boasted to his Norwegian counterpart, Erna Solberg, about the relationship during a meeting at the World Economic Forum in Davos last week and informed her that his son recently visited Norway with his girlfriend, Sandra Leikanger.

A photo of the smiling young couple appeared in Israeli and Norwegian papers.

On Monday, the leader of the ultra-Orthodox Shas party



Israeli PM Benjamin Netanyahu, centre, with his sons Yair, background, and Avner, right, at the Western Wall. URIEL SINAI/THE ASSOCIATED PRESS FILE

said he believed the relationship actually caused Netanyahu and his wife great "heartache." Arie Deri told a local radio station the relationship was no mere personal matter

because Netanyahu is a "symbol of the Jewish people."

Netanyahu's office declined to comment, as did Leikanger.

THE ASSOCIATED PRESS

NSA. Spy agencies using apps like Angry Birds to get data, docs suggest

Documents leaked by former NSA contractor Edward Snowden suggest that spy agencies have a powerful ally in Angry Birds and a host of other apps installed on smartphones across the globe.

The documents, published Monday by The New York Times, The Guardian

and ProPublica, suggest that the mapping, gaming and social networking apps which are a common feature of the world's estimated one billion smartphones can feed America's National Security Agency



and Britain's GCHQ with huge amounts of personal data, including location information and details such as political affiliation or sexual orientation.

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THE PRINTING HOUSE

Groups call out Bell for data collection

Consumer rights.

Gathering the watching, clicking, and calling of wireless customers who pay for telecom service has led to complaints

Consumer groups are challenging Bell Canada's track-

ing of how its wireless customers use the web, what they watch on TV and their phone call patterns in order to deliver targeted online advertising.

Bell is going beyond its role as a provider of telecom services, according to the Public Interest Advocacy Centre and the Consumers' Association of Canada.

"What you're paying for

is an uninterrupted telecom service, not for an ad-based service supported by behavioural targeting, which is the Facebook-Google model," lawyer John Lawford of the Public Interest Advocacy Centre said Monday.

The consumer groups have filed a complaint with the Canadian Radio-television and Telecommunications Commission, describ-

ing the practice as an abuse of privacy. They want Bell to be ordered to stop collecting the data.

The CRTC said it was studying the complaint and wouldn't comment further.

The Office of the Privacy Commissioner of Canada said Monday that it has received more than 150 complaints about Bell's data collection. **THE CANADIAN PRESS**

With or without your name

Bell said its data collection program isn't breaking any federal telecom rules or privacy guidelines and noted that customers can opt out at any time.

- In the U.S., big telecoms Verizon and AT&T also

allow their customers to opt-out of data sharing. But critics have said that even with personal identities stripped out, the information still can be sold to third parties who would get a profile of customers' habits and interests.



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Tees, tokes and touchdowns

Bryan Weinman is pictured with Stoner Bowl T-shirts in Denver Friday. Weinman and a few buddies registered the Internet domain www.stoner-bowl.org and are using the site to hawk T-shirts and hats celebrating the Stoner Bowl between the Seattle Seahawks and Denver Broncos — the NFL teams from the two states that have legalized pot. **THE ASSOCIATED PRESS**

Hudson's Bay deal

Saks latest luxury shop lured North

One of Canada's most prominent shopping malls will become a testing ground for luxury retailers after Hudson's Bay announced plans Monday to open a Saks Fifth Avenue at the Toronto Eaton Centre.

Saks will be just steps away from Nordstrom, another newcomer taking over part of the soon-to-be vacated Sears store.

THE CANADIAN PRESS

Market Minute

DOLLAR
89.99¢ (-0.32¢)

TSX
13,582.29 (-135.47)

OIL
\$95.72 US (-\$0.92)

GOLD
\$1,263.40 US (-\$0.90)

Natural gas: \$4.93 US (-\$0.22)
Dow Jones: 15,837.88 (-41.23)

THEY'RE JUST NOT INTO YOU

While most of us can't imagine going through life without experiencing some form of carnal desire, researchers estimate about one percent of the population — up to 70 million people worldwide — have absolutely no sex drive. Not in a, "No honey, not tonight. I have a headache," kind of way but an ongoing disinterest in sexual behaviour with members of the same or opposite sex.

According to the Asexual Visibility and Education Network, an asexual person is a person who does not experience sexual attraction. Anthony Bogaert, a professor in the psychology department at Brock University, refers to asexuality as the "fourth sexual orientation," distinct from heterosexuality, homosexuality or bisexuality. Like other sexual orientations, asexuality is classified as an intrinsic part of a person's identity and not something that can be turned on or off.



SHE SAYS
Jessica Napier
metronews.ca

Some couples might lose interest in sexual activity during particular phases in their relationships — following childbirth or while faced with health problems or personal struggles — but these issues are usually a temporary concern rather than an innate and enduring absence of desire. Asexuals do not choose to abstain from sex for religious or moral reasons; it is not the result of some traumatic childhood event or because they haven't found the right person.

For those who identify as asexual, this apathetic attitude toward sex is much more than just a simple dry spell or an empty vow of celibacy following a bad breakup.

Many feel confused and isolated as they come to terms with their asexuality in our hyper-sexualized culture. I can imagine it would be hard not to feel like an outsider in a society where people read erotic paperbacks on the

bus and talk about sexual positions in graphic detail over brunch.

It's important to remember that sexuality exists on an extremely vast and complicated spectrum. From pansexuals to polyamorous to demiromantics to autosexuals, there exists a veritable alphabet soup of sexual preferences and expressions.

And while different forms of categorization can be helpful in promoting visibility, educating others and developing a sense of community, labelling shouldn't be done for negative or exclusionary purposes.

Sexual desire might be one of our most basic biological instincts, but that doesn't mean we should judge those who choose to have intimacy without intercourse. Accepting sexual diversity means recognizing the many different forms of attraction and giving others the freedom to embody their own sexuality, even if that means not at all.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Hockey, played Down Under



MATT ROBERTS/GETTY IMAGES

Gasp! Not much of a spectator sport

Athletes for Western Australia and Victoria contest for the puck at the 2014 Australian Underwater Hockey Championships on

the Gold Coast, Australia. The sport, also known as octopush, was invented in England in the 1950s by a scuba diver as a way of keeping his fellow divers fit and enthused over the winter months. **METRO**

Water world

- **Teams.** Six players a side, with four substitutes each.
- **Gear.** Snorkel, mouthguard, water polo hat with ear guards, mask, fins, stick, and protective gloves.
- **Breath.** Too deep a breath will make you too buoyant.

Clickbait



TAKARA SMALL
takara.small@metronews.ca

This weather may be testing the patience of millions of Canadians from coast-to-coast but that doesn't mean that your style has to suffer. There are a host of apps that are dedicated to helping you stay stylish without leaving your house because, let's admit it, you're probably more likely to cruise online deals than the malls these days.

@ClothApp:

Use real-time weather data to pull together your outfit for the day. Selflessly snap as many selfies as you want and then choose from a virtual catalogue that pairs your clothes with the weather. Literally the perfect app for rain or shine.

@Stylekick:

Why waste time searching various fashion sites when you can simply snap photos of your wardrobe and then find the right size and style online. With a click of a button you can find clothes that suit your size, which helps a lot since 40 per cent of online purchases are reportedly returned because of bad fit.



GETTY IMAGES

Twitter

@metropicks asked: A brew coming to B.C. costs \$150/bottle. What freebies would be required for you to buy the beer?

@funkymagee: Probably about forty-nine other bottles.

@MichaelSealy: Any freebie that I could come up with to justify 150 bones for a Brewski, would have to do with cleavage and be very naughty :-/

@ChrisGoudge1: Three or four 24s

would make it worthwhile

@Adrian_Cgy: bag of weed

@Hanksterific: Nothing!

@FrenchmanCanada: at that price it better pour itself

@ethWynot: I could see spending \$150 & sipping it for a special occasion, but at 28% alc. it should come with G2 & Ibuprofen.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
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DVD review



Rush

Director: Ron Howard

Stars: Daniel Brühl,
Chris Hemsworth,
Olivia Wilde

You'd expect a movie about Formula One racers to cut to the chase, but director Ron Howard takes his time establishing the ego vs. egghead rivalry between 1976 top guns James Hunt (Chris Hemsworth) and Niki Lauda (Daniel Brühl). This is no mere thrill ride by two real-life rival speedsters, although it is certainly that. The film also provides a sobering look at what it takes to be a true champion. When the engines really start, the fact-based story by Peter Morgan (The Queen) locks in. It smoothly shifts gears between involving entertainment and serious drama, seeking to understand the competitive drive to succeed at all costs. The film is highly commercial, but also thoughtful and suspenseful. Do yourself a favour and don't Google the result prior to seeing. Extras include deleted scenes and making-of featurettes.

PETER HOWELL

A Great Big World really do have something to say

Piano pop. Duo has been working together since their days at NYU, but Aguilera's vocals on Say Something changed their lives forever

LINDA
LABAN

Metro World News

Singing with superstars and performing with supermodels are just two of the many mind-blowing hookups Ian Axel and Chad Vaccarino experienced last year.

The piano pop duo, known as A Great Big World, performed on The Voice, at the American Music Awards and during the Victoria's Secret lingerie show. However, it was a phone call from Christina Aguilera, asking if she could sing on their song Say Something, that got the ball rolling.

"When we got the call, it was disbelief that went into a panic attack," Axel says. "I knew what this meant; I knew our lives were changed forever."

Still, it was a hookup eight years earlier, while both were studying in NYU's music business program, that put the 28-year-olds on track to the top of the pop charts. Though A Great Big World's seamless harmonies seem like destiny, the union wouldn't have happened if Axel hadn't literally stalked Vaccarino.

"We were put on the same project and I asked him to listen to my songs," says Axel. "He was like, 'No, I'm too busy,



Ian Axel, left, and Chad Vaccarino are the duo behind A Great Big World. CONTRIBUTED

Quoted

"I was really weirded out by how forceful he was, trying to have my friendship."

Chad Vaccarino, talking about how Ian Axel 'stalked' him while they were classmates at NYU's music business program.

I don't have time for anything else.' He really wanted to practice by himself, but I went to the practice room and looked through all the windows until I found him. I had to be pushy, I had to."

Vaccarino agrees with Axel's assessment: "I was really weirded out by how forceful he was, trying to have my friendship."

he says.

The pair both laugh warmly at the recollection. "Then, when he played me his song ideas on piano, I flipped out. Those concerns went out of the window. I was like, 'Oh my God, I'm so stupid! We should be writing together; we should be friends.'"

The pair say that choosing

between their original recording of Say Something and the one with Aguilera was just too difficult, so A Great Big World's debut album, Is There Anybody Out There?, which was released in January, includes both cuts.

"I love both versions," says Vaccarino. "I was definitely married to the original, but I love what Christina did: I love that she added this female element. She made the song more universal than it might have been. You have the two parallel male and female worlds, and they don't come together until the end of the song. It's all harmonized except for that last line. It's very dramatic."

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No two scenes the same for Strahovski

24/7 on set. Up-and-coming screen star refuses to be typecast as she takes on a serious spectrum of roles



NED EHRBAR
Metro World News in Hollywood

Between television turns on Chuck, Dexter and this summer's 24: Live Another Day, Australian actress Yvonne Strahovski squeezed in some time opposite Aaron Eckhart as a scientist with good intentions but evil bosses in *I, Frankenstein*. It's all part of her plan of keeping her work as diverse as possible — and learning the importance of saying no.

This role is a bit of a departure for you, genre-wise. What were your thoughts on the project and character when you first signed on?

It definitely feels like one of the bigger things that I've been a part of. I really liked the script — it had that real story of the



Aaron Eckhart and Yvonne Strahovski in *I, Frankenstein*. BEN KING

monster finding its humanity within this action movie. And also I really loved that it's something really different than what I had been up to prior to that. I'd just wrapped up *Chuck*, the series, and this was something different.

A different character with a different accent and a different occupation, with a whole new world around her. She's got a big heart but she's also a really

strong woman. She isn't a damsel in distress, she can stand up for herself, and she certainly does in the movie even though she's not a trained fighter or anything.

Do you find yourself seeking out roles like that?

I mean, I try and change it up, and I feel like so far I've been lucky enough to do so, whether it's playing Dr. Tera Wade, the

electro-physiologist in the *I, Frankenstein* movie or playing a serial killer (on *Dexter*) or a 1930s New York gal on Broadway. You know, so far so good. I hope to keep changing it up in the future.

I don't know how much you're allowed to say about the new 24 series.

I'm not allowed to say too much, but I'm definitely in the



Yvonne Strahovski GETTY IMAGES

Change of face

I'd just wrapped up *Chuck*, the series, and this was something different. A different character with a different accent and a different occupation, with a whole new world around her.

Yvonne Strahovski, on her role in *I, Frankenstein*

throes of moving to London for the next half a year to shoot 24. I'll be playing a gal named Kate Morgan, who is hunting Jack Bauer when we meet her.

That's tantalizing.

Yeah, to say the least. (Laughs.) It's been what, four years, right? Since season eight finished? So many people are really excited about it. I didn't realize how many people were really big on following the show.

How do you find, going forward, striking a balance between movies and TV?

You read a lot of scripts, you hear about a lot of projects and you try and target certain things that you would like to do. It's hard. Like with any profession, you start off at the very beginning saying yes to a lot of different things because you just want to get on your feet and get your foot in the door. And as you create your body of work and get well-known and the years pass by, I think saying no is a really important thing to learn as well. It's as important as saying yes because you really craft your career in a certain way.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Serious slip-ups cast SMH shadow over song awards

MELINDA TAUB

Metro World News

The Grammy Awards would like everyone to know how very, very sorry they are about the death of what's-his-name.

Glee star Cory Monteith, who died last summer, was included in the Grammys' In Memoriam montage of musicians lost in the past year. However, the slideshow spelled his name "Cory Montieth."

Listen, Grammys, I know you're a drunken, long-winded stripper of an awards show, but if you're only going to spell-check

one thing — one thing — it should probably be the names of deceased people. Maybe next year, have one fewer fake blood cannon and put that part of the budget toward a proof-reader.

Glee isn't the only one with a grievance against the Grammys: Trent Reznor is none too happy with them, either.

Reznor's band Nine Inch Nails gave the awards show's closing performance, along with Queens of the Stone Age, Dave Grohl and Fleetwood Mac's Lindsey Buckingham. Unfortunately, by the end of a four-hour ceremony, not even all that star power could induce people to wait around and listen — the Grammys began to roll the credits during the performance.

Reznor didn't take it lying down. "A heartfelt F— YOU guys," he tweeted.



Prince ALL PHOTOS GETTY IMAGES

This is what it looks like, when Prince sues

Prince is going after some of his fans for posting recordings of some live performances online. According to Radar Online, the singer is suing two California individuals for infringing on his copyright by sharing bootlegs, and he's seeking \$1 million US in damages from each of them. "The defendants rely on either Google's Blogger platform or Facebook, or both, to accomplish their unlawful activity," the suit claims, adding that the fans "typically publish posts that list all the songs performed at a certain Prince live show and then provide a link to a file-sharing service where unauthorized copies of the performance can be downloaded." Prince's lawyers say they have found more than 360 such links.

Bey's album is too bootylicious for Michelle

Beyoncé's latest album might be incredibly popular, but at least one of her friends thinks the material's a bit too revealing. Former Destiny's Child band-mate Michelle Williams tells Us Weekly that some of the more graphic songs on the album make for awkward listening experiences. "The makeup artist and everyone was listening to her say these things and I'm like, 'That's private, girl!' We aren't supposed to know all that," Williams says. "But she is married and has produced a baby, and we know what you have to do to produce a baby, so OK!"

Review

Keep track of burned calories with Wii Fit U



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Wii Fit U
Nintendo Wii U
3 ½ Stars

Wii Fit's engaging yoga and aerobics mix is still too reliant on BMI even as it provides excellent balance feedback and, thanks to a new pedometer, calories burned. Be warned, the best dance and game activities now require two controllers.



Did you know...?

Avocados may halt overeating and snacking. Consuming as little as half an avocado during lunch can make an overweight person feel full longer, says a new Loma Linda University health study published in *Nutrition Journal*. Researchers found a 23 per cent increase in satisfaction and a 28 per cent decreased desire to eat for the following five hours, as compared with the avocado-free controlled lunch meal.



Ninety to 95 per cent of the vitamin D in your body comes from sun exposure. iSTOCK

How to get that vitamin D

Can't get enough. Obtaining vitamin D takes some strategies — especially during the winter months

VIRGINIA PELLEY

Metro World News in New York City

You know vitamin D is important for your health, and you've likely read that hardly anyone gets enough of it.

Many studies suggest that maintaining the amount of D recommended by the National Institutes of Health — 30 to 50 nanograms per millilitre in your blood — can help ward off high blood pressure, multiple sclerosis, fibromyalgia, diabetes, depression, some cancers and muscle weakness.

So how do you keep up a healthy level of vitamin D?

The best way is exposure to the sun in warmer months. "Ninety to 95 per cent of the vitamin D in your body comes from sensible sun exposure," Dr. Michael F. Holick, professor of medicine, physiology and biophysics at Boston University School of Medicine, says.

Skin needs to be exposed directly to the sun for your body to make vitamin D. A product with SPF 30 decreases your ability to make vitamin D by 95 per cent. Because dermatologists have been telling us for decades to never expose unprotected skin to the sun's cancer-causing rays, many people are understandably confused about how to get enough vitamin D from sun exposure.

"For some people, it could be 10 minutes, for others it

can be 15," says Dr. Houman Danesh, director of integrated pain management at Mt. Sinai in New York City.

How can you get enough vitamin D from the sun during winter? Your body will access the vitamin D in your fat cells, and because most people don't get enough sun to make this crucial vitamin year-round, taking a supplement can also help.

Although the Institute of Medicine recommends 400 to 600 IUs of vitamin D for children and 600 to 800 for adults, Holick recommends 600 to 1,000 for kids, and as much as 2,000 to 4,000 IUs daily for adults. Pregnant and lactating women and the obese need more. Breast milk doesn't contain vitamin D, so Holick says that even breastfeeding infants need a daily supplement.

It's also impossible to get

all the vitamin D you need from food. You would need to eat wild-caught salmon and other fatty fish such as mackerel and herring every day to get enough D. Vitamin D is added to many foods, such as milk, juice and cereal, however, and mushrooms can be irradiated with good amounts of vitamin D as well.

Because of conflicting recommendations and research about what vitamin D actually does, "doctors are struggling with who to check, if they should check and when to check vitamin D levels," says Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City. "But I would argue that you need to get tested first to know at what level you are starting with, and figure out how much you need to supplement from there."

TOP SIX @ 6
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 A Great Big World ft Christina Aguilera Say Something
- 5 Lady Gaga Do What U Want
- 4 Beyonce XO
- 3 Katy Perry Ft Juicy J Dark Horse
- 2 Pitbull ft Ke\$ha Timber
- 1 Passenger Let her Go

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3 LIFE

CUPE speaks out for Mental Health
Services in all the District Health
Authorities across Nova Scotia

Get the facts on mental illness:

- One in five Canadians will experience a form of mental illness in their life.
- Every day more than 500,000 Canadians miss work due to a form of mental illness.
- At this very moment, some 3,000,000 Canadians are living with depression.
- In Canada, only one out of five children who need mental health services receives them.

*(Statistics courtesy of
the Canadian Mental
Health Association)*

CUPE members are proud to
deliver these critically important
health services to Nova Scotians.

A message from CUPE's 4,300
hospital workers in Nova Scotia

CUPE

Sesame Street teaches the ABC's of health to kids

A is for apple. Muppet-
led preschool program
that teaches kids about
nutrition and exercise is
seeing results

Bert and Ernie jump rope and munch apples and carrots, and Cookie Monster has his namesake treat once a week, not every day. Can a Muppets mini-makeover improve kids' health, too?

A three-year experiment in South America suggests it can. Now, the Sesame Street project is coming to the United States.

Already, a test run in a New York City preschool has seen results: Four-year-old Jahmeice Strowder got her mom to make cauliflower for the first time in her life. A classmate, Bryson Payne, bugged his dad for a banana every morning and more salads. A parent brought home a loaf of bread instead of Doritos.

"What we created, I believe, is a culture" of healthy eating to fight a "toxic environment" of junk food and too little exercise, said Dr. Valentin Fuster, a cardiologist at New York City's Mount Sinai Hospital.

Six years ago, he started working with Sesame Workshop, producers of television's Sesame Street, on a project aimed at 3-to-5-year-olds.

"At that age they pay attention to everything" and habits can be changed, he said.

The need is clear as a third of U.S. children and teens are obese or overweight. They're at high risk for heart and other problems later in life.

For Sesame Street, the project offered a chance to improve the lives of young viewers and give a makeover to certain Muppets.

"While Cookie Monster is an engaging figure, we felt there was an opportunity there to really model healthy eating," said Jorge Baxter, regional director for Latin America for Sesame Workshop.

The new message is that certain things like cookies are "something you can eat sometimes, but there are some foods that you can eat all the time," like vegetables, he said.

The producers even made a doctor Muppet — Dr. Ruster (pronounced "Rooster") — in Fuster's image for the preschool project.

U.S. schools were initially reluctant, but project launched in Colombia when a wealthy family's foundation was willing to sponsor the experiment in Bogota.

It involved 1,216 children and 928 parents from 14 preschools. Some were given the program and others served as a comparison group.

Kids had training on healthy habits and how the body works for an hour a day for five months using Sesame Workshop-produced videos, a board game, songs and activities.

Parents were involved through take-home assignments and workshops that focused on overcoming barriers to good food and exercise. For example, in areas with poor access to play spaces, parents were coached to encourage kids to use stairs instead of elevators and to walk instead of taking a bus.

Children's weight and exercise habits were measured at the start, one and a half years, and three years into the program.

Although many moved or dropped out by the time the study ended, researchers documented a significant increase in knowledge, attitude and health habit scores among kids in the program versus the comparison group. The proportion of children at a healthy weight increased from 62 per cent at the start to 75 per cent at three years for those in the program.

In New York, where the program plans to launch in several early childhood and Head Start programs this spring and fall, project leaders will have to tackle under and overweight kids.

THE ASSOCIATED PRESS



INCLUDE CHILDREN IN CAMP DECISION

Minecraft and Rainbow Loom are two of the hottest pastimes for today's kids, so Pam Streeter knew they would be perfect themes for her upcoming March break camps.

"You want your child to be interested in their camp, so you need to choose one that's focused around something they really enjoy," says Streeter, director of the Creative Kids Education Centre in Hammonds Plains.

She encourages parents to sit down with their children and talk about the different types of camp that are available instead of just choosing one on their behalf.

"Read the descriptions and ask them what sounds interesting, and if you have any questions, call the camp," Streeter says. "If something sounds like it's going to be all screen time, ask about that. Maybe that's exactly what your child wants, and maybe they'd rather have a mix of activities, too."

"It's important to find out the details ahead of time."

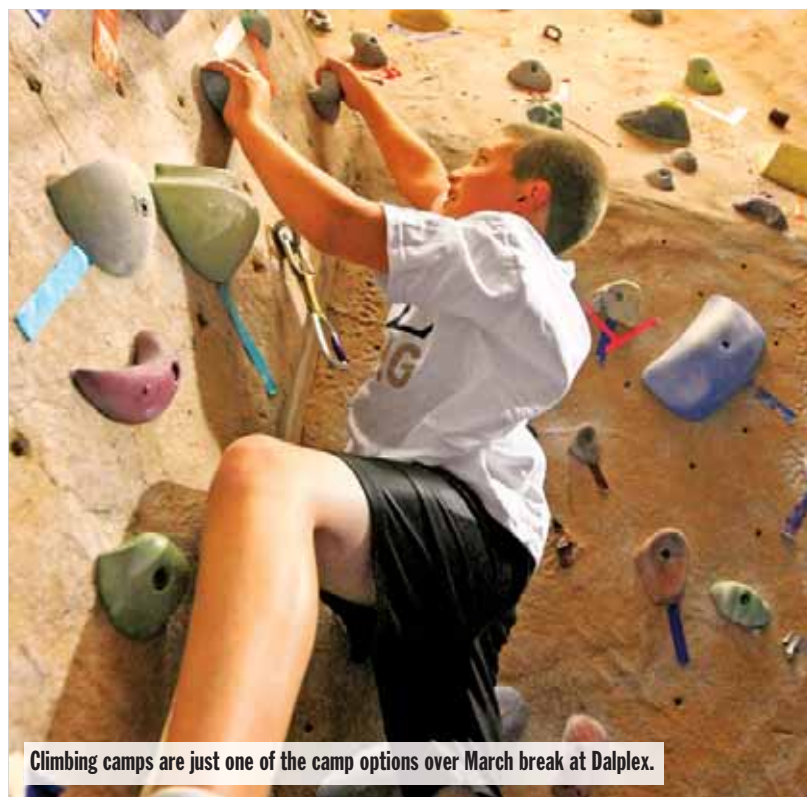
In the Minecraft video game, players build constructions out of textured cubes in a "3D procedurally-generated world." Streeter says campers will get some screen time to play the game itself, but they will also do real-life activities together.

When you are choosing a camp based on your child's interests, Streeter says it's important to ask about the skill level required. Even signing a soccer fan up for soccer camp isn't completely straightforward because parents need to find the right fit.

"You'll want to ask them how they deal with children who have a wide range of skill levels," Streeter says. "If your child is less confident, does the camp have the capacity and experience to be able to handle it?"

Since many camps are open to a wide range of kids — often from six to 12 years old — Streeter says parents may also want to inquire about who is actually enrolled.

"We try to identify which camps are



Climbing camps are just one of the camp options over March break at Dalplex.

CONTRIBUTED

suitable for specific age ranges, but sometimes we'll say, 'Oh gee, we've got mostly seven- to nine-year-olds this week, and only a few 11-year-olds. Kids are often

very sensitive to the ages of the kids in their group. Or if it's going to be all girls or all boys, so know your child."

— Heather Laura Clarke

SPEND TIME TOGETHER AS A FAMILY AT DALPLEX

For kids and parents looking to do something active over March break, Dalplex is the place to go.

"It's a great place to spend some time together as a family," says Amanda Sheppard, a spokesperson for Dalhousie University's athletic department.

Dalplex has many recreation activities to choose from, including swimming and

shooting some hoops during one of the drop-in basketball times. The open swims on Saturdays and Sundays include use of the Tarzan rope and diving boards.

For kids younger than 10, the Fun Zone is an option. The indoor playground includes a ball pit, slides and hand-over-hand bars. Babysitting services are available and cost \$5 per hour, per child, which allows parents to squeeze in a workout while their kids play.

Sheppard recommends people check

out dalplex.ca or call 494-3372 to confirm times for open swims, drop-in basketball and babysitting.

Parents can also register their kids for weeklong Dal Tigers basketball and climbing camps during March break for ages eight to 14 and five to 15, respectively. The camps are divided by age and ability.

The camps focus on teaching specific skills, but also include other activities such as swimming and active games to mix things up and keep kids engaged.



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REGISTRATION FOR MARCH BREAK & PD DAY CAMPS NOW OPEN!

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DALPLEX



TAKE A BREAK FROM THE REGULAR ROUTINE

INTRODUCE KIDS TO NEW INTERESTS

It might seem that most March break camps are centred around sports, but there are plenty of camps to interest arts and science lovers, too.

The Discovery Centre runs an annual March break camp for six- to 12-year-olds, and this year's theme is Bust A Myth.

"We're going to look at some of the science myths and try to debunk them," says Steve Thurbide, manager of science education at the Discovery Centre. "A fun one is eating a package of Pop Rocks candy while drinking Coke to see if your stomach explodes. Everyone loves that one."

Thurbide has worked at the Discovery Centre for more than a decade and says many of the campers come back year after year — and as they grow up, some are hired to work as camp leaders.

"We love that their camp experience resonated with them so much that they



The Discovery Centre runs an annual March break camp.

CONTRIBUTED

wanted to come back as a leader," Thurbide says. "It really speaks to what we've been able to offer."

This year, the centre is going to be running a Digital Discovery program for kids 12 and older.

"It's going to be an IT-based program

that will give youth the opportunity to participate in gaming and robotics, like Lego XT," Thurbide says. "We'll go through dismantling computers and looking at how they're made, and we'll also work on game design."

At Atlantic Cirque in Dartmouth,

campers won't be taking part in science experiments — they will be too busy hanging upside down and soaring through the air.

"When kids think of the circus, they think of swinging from things and we definitely do that," says Jessica Mailhiot, general manager of Atlantic Cirque. "We get a lot of extremely active kids with lots of energy and we keep them busy — juggling, hand-balancing, stilt-walking, trampoline, trapeze, floor exercises."

Atlantic Cirque's five-day March break camp will give campers a little bit of everything, even teaching them to use aerial silks — the suspended pieces of material made famous by Cirque du soleil that allow them to perform different tricks as they come down from the ceiling.

"The kids are so excited when they come in, and they're very tired when they leave, so the parents really love us," Mailhiot says with a laugh. "We have a show at the end of the week and they can invite their family and friends to come see what they've learned."

"The kids just adore it."

— Heather Laura Clarke

DISCOVER THE WORLD OF VISUAL ART

NSCAD UNIVERSITY

High school students looking to enter the world of visual art can get a first-hand look at NSCAD University over March break. The school is offering Art 101, a five-day series of workshops that expose students to illustration, metalsmithing, stop-motion animation, glass working and letterpress printing.

"These are all things you wouldn't ne-

cessarily be able to do in a high school art class," says Catherine Allen, the program co-ordinator with NSCAD's school of extended studies.

The cost of the program is \$295 plus HST, and enrolment is capped at 12 participants.

Art 101 is open to newcomers so experience in different forms of visual art is not necessary.

"We're hoping to attract people who may not have thought about doing art

before, as well as those who would like to try techniques beyond drawing and painting," Allen says.

Art 101 provides insight into the varied courses of study that are available at NSCAD, as well as a behind-the-scenes look at life at the school.

NSCAD is also offering camps for younger children and has multiple programs geared towards children between the ages of five to eight, nine to 11, and 12 to 14.



CONTRIBUTED

N·S·C·A·D
UNIVERSITY

School of
Extended Studies

march break classes
for ages 5-18

REGISTER NOW
nscad.ca | 494.8185

Make in ARTch break

CAMPS CAN PROVIDE BOUNTIFUL BENEFITS

If you are thinking about signing your child up for a March break camp, experts say it could increase their social skills, confidence, and their ability to properly manage their emotions.

Roxy Peterson, former vice-president of the Camping Association of Nova Scotia and provincial representative of the Canadian Camping Association, says there are “hundreds” of benefits to sending a child to camp.

“Camp helps children build strong social skills, it encourages a physically active lifestyle, it helps children identify and positively deal with their emotions, and it’s a place where they experience growth and feel confident,” Peterson says.

He says campers tend to build strong social networks because they are interacting with kids they don’t normally see every day.

“They’re meeting kids for the first time and their new friends may not even live in the same province.”

Peterson says attending camp means making new friends “right off the bat,” and bonding quickly requires a different set of skills.

“Sometimes your new friend will be there all week, but sometimes it’s just for a day,” Peterson says. “That’s why we see a lot of kids going back to the same camp again and again, to reconnect with their camp friends.”

Courtney Williams, day camp co-ordinator at Mount Saint Vincent University’s Fitness Centre, says a March break camp can be a positive, fresh experience for kids because it’s something brand new.

“You’re exposing your child to different experiences that they may not have at home and allowing them to develop new skills,” Williams says.

Because campers often aren’t grouped by age like they are in school, there can be tremendous social benefits.

“A camp setting gives you a range of



Atlantic Cirque in Dartmouth can be a place where kids meet new friends.

ATLANTIC CIRQUE LTD. PHOTO

ages all together, and that requires your child to use a different social skill set than if they were in a single-age grouping,” says Pam Streeter, director of the Creative Kids Education Centre in Hammonds Plains. “It’s more reflective of real life.”

Streeter says many parents feel a weeklong camp is “a more interesting childcare experience” than their usual option, whether that’s a sitter, a daycare centre, or an after-school program. It’s es-

entially a fun, peer-focused way to spend their week off, sort of the kiddie equivalent of an adults-only cruise.

“March break is supposed to be a break time for kids,” Streeter says. “They’ve been in school and they want some time to play and relax. So we want to give them a mix of structured and unstructured activities, and also look at some skill development that we can enhance during their time with us.”

— Heather Laura Clarke

START YOUR HOOPS DREAMS AT SAINT MARY’S

SCHOOL IS HOSTING MARCH BREAK CAMP

Budding basketball stars will want to attend Saint Mary’s University over March break when the university hosts its Junior Huskies basketball camps for boys and girls aged seven to 16.

“It’s been a successful camp for many years and kids always enjoy themselves,”

says Jonah Taussig, the university’s men’s basketball team coach.

Taussig will be one of the instructors at the camp, alongside Scott Munro, the women’s basketball team coach. As well, players from both the men’s and women’s varsity squads will be helping out.

Kids are divided by age, but can progress to higher levels if their skills are more advanced.

The focus is on helping kids develop the fundamental skills in all areas of their

game, such as shooting, passing, ball handling, and defence.

Besides the instruction, there are game-situation drills, as well as contests where kids compete in basketball-related skills contests for the chance to win prizes.

The camps run from 9 a.m. to 4 p.m. daily and cost \$225. Campers are responsible for bringing their own lunches.

To register, parents should phone the athletics department at 420-5555.



CONTRIBUTED



March Break Basketball Camp

March 10-14th

Have fun and improve your basketball skills during your March Break.

- Boys & Girls
- 7-16 Years Old
- Half Day Camp \$115
- Full Day Camp \$225



Limited Enrollment – call to register 420-5429 or 420-5555

www.smuhuskies.ca



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BRUSH UP ON YOUR FRENCH

You have learned and you can talk bits and pieces in French. You want to improve and practise your French.

Even in Halifax it's possible to see and live cultural and social activities in French. You can benefit from various concerts, comedy shows and theatre presentation to improve and practise your French.

The Conseil communautaire du Grand-Havre is presenting a program of comedy shows and theatre plays this winter. Meet friends, laugh and relax in the language and culture of Molière to brush up on your French.

For more about the CCGH's season program, visit ccgh.ca or call 435-3244.

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Même à Halifax, vous pouvez vivre des moments culturels et sociaux en français. Profitez des spectacles de musique, d'humour et de théâtre pour justement vivre dans le monde francophone de Halifax.

Le Conseil communautaire du Grand-Havre vous offre une programmation d'humour et de théâtre cet hiver. Venez rencontrer des amis, rire et vous détendre dans la culture et la langue de Molière.

Pour connaître la programmation du CCGH ou acheter des billets, visitez ccgh.ca ou téléphonez 435-3244.

BE THE STAR OF THE SHOW AT NEPTUNE THEATRE

The Neptune Theatre School will be the home of a lot of drama this March break. The school will be offering performing arts education for children between the ages of four and 18.

"We have something for all ages," says Chuck Homewood, the director of Neptune Theatre School.

The classes are available for students from four to six, seven to nine, 10 to 12, and 13 to 18.

Running from 9 a.m. to 4 p.m. every day over March break, the classes are meant for newcomers who haven't studied theatre or musicals before.

Classes are being offered in musical theatre, improv, as well as collective creation. In collective creation, the students become writers and actors as they author and perform a piece.

Participants benefit from the small class sizes.

"We only accept 14 people in each class and they fill up really quickly," Homewood says.



MJ PHOTOGRAPHICS PHOTO

The classes will be held at Shambhala School in the North End to help facilitate drop off and pick up of participants. Early drop-off and late pick-up services are available.

The cost of each class is \$250, taxes included. Registration is available at neptunetheatre.com.



MARCH BREAK CAMPS

AGES 4-18

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à l'auditorium George Cottreau, École du Carrefour, suivi d'une rencontre Francofun pour regarder le MATCH DU SUPER BOWL



LA PETITE ROCHELLE PIÈCE DE THÉÂTRE 7 FÉVRIER à 20 h

à l'auditorium George Cottreau, École du Carrefour, Dartmouth



UNE BIZARRE DE NOCE AVEC LES CHICANEUSES 1 MARS à 20 h

à l'auditorium George Cottreau, École du Carrefour, Dartmouth



SPECTACLE DE RYAN DOUCETTE 7 MARS à 20 h

à l'auditorium George Cottreau, École du Carrefour, Dartmouth



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Crosby gets best of Miller again, this time in Pittsburgh

The Penguins' Taylor Pyatt keeps his eye on a rebound off Buffalo Sabres goalie Ryan Miller in the first period of a game on Monday night in Pittsburgh. Sidney Crosby had a pair of assists in the Penguins' 3-0 win. GENE J. PUSKAR/THE ASSOCIATED PRESS

Broncos CB: 'I've had my fun in this league'

Super Bowl. Defensive star Rodgers-Cromartie is 27 years old, right in his prime as an NFL player. Perfect time to retire.

The Denver Broncos cornerback said Monday he's giving serious consideration to hanging it up after the Super Bowl. He's not burned out, not worried about his health.

He just figures he's had a good run.

"I had a goal of playing five years, and I reached that," Rodgers-Cromartie said.

He's completed six seasons in the NFL, in fact, and could be in line to command plenty of money after making three interceptions in 2013. But Rodgers-Cromartie insisted that depending on how he feels after Sunday's game, he might call it quits.

He even knows what he



Dominique Rodgers-Cromartie of the Denver Broncos speaks to the media on Monday in Jersey City, N.J. The Broncos cornerback says he is seriously considering retirement after Super Bowl XLVIII. JEFF ZELEVANSKY/GETTY IMAGES

would do instead of football. He'd go back to college and study psychology to become a guidance counsellor at his old high school.

"I had my fun in this league," he said.

Rodgers-Cromartie came out of Football Championship Subdivision's Tennessee State and figures he wasn't supposed to make it in the NFL at all from a small school, let alone surpass the average two to three years that players last in the league.

He wasn't a typical lower-

division prospect, though, selected by the Cardinals with the 16th overall pick in 2008. Rodgers-Cromartie played three years in Arizona and two in Philadelphia before joining the Broncos.

He regularly tells his teammates about his plan.

"They always think I am joking about it," he said.

Even if he sticks around next season, Rodgers-Cromartie can't imagine repeating the feat of fellow Denver cornerback Champ Bailey, who's in his 15th year in the league.

Notes from New Jersey

- **Temperate title game.** The weather forecast for the first Super Bowl in an outdoor stadium in a cold-weather city is nothing out of the ordinary. National Weather Service meteorologist Anthony Gigi said Monday the forecast calls for temperatures to reach a high of 4C with a low of -3C. There is little threat of precipitation.
- **Bud bowl.** Seahawks coach Pete Carroll said Monday he supports Commissioner Roger Goodell's message last week that the league could consider medicinal marijuana as a treatment if science proved it could be beneficial for players who have suffered concussions.

Asked about Bailey's longevity, Rodgers-Cromartie exclaimed a curse word in admiration, then added, "He can have that."

THE ASSOCIATED PRESS

Ski cross

One more shot at medal for Del Bosco

Chris Del Bosco has a chance at redemption.

The 31-year-old was among the six athletes named Monday to Canada's ski cross team for the Sochi Winter Olympics.

Del Bosco appeared to have the bronze medal locked up in the men's final at the 2010 Games in Vancouver, but crashed out trying to make a pass to improve his position.

Joining the Montreal skier on the team are Dave Duncan of London, Ont., Calgary's Brady Leman, Kelsey Serwa of Kelowna, B.C., Marielle Thompson of Whistler, B.C., and Georgia Simmerling of West Vancouver. THE CANADIAN PRESS



London Ont., native Dave Duncan in Vancouver on Monday THE CANADIAN PRESS

Slopestyle

Injured gold-medal contender McMorris 'doing better than we all thought'

Olympic gold-medal favourite Mark McMorris is in "great spirits," despite a fall that fractured a rib and nearly derailed his dream.

Don McMorris, the snowboarder's father, says Mark is moving around quite well after the incident during Saturday's slopestyle event at the Winter X Games in Aspen, Colo.

"When we left him (Sunday), he could bend over and touch his toes because of where (the injury) is at," Don McMorris told The Canadian Press on Monday. "You know a cracked rib in the front, you couldn't do that, but where it's at (around the back), he could bend to his toes and could raise his knees up to kind of his chest."

"He was really doing better than we all thought. He's got five or six days before he has to worry about riding and he's got the best people around him."

THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

Don't get discouraged if something you attempt does not work out the way you expected it to – it is still good practice and may even take you in a profitable new direction.

Taurus

April 21 - May 21

You have your sights fixed on certain goals and won't give up until you have reached them. However, cosmic activity in the area of your chart that governs dreams and desires warns you to get your ego out of the way.

Gemini

May 22 - June 21

Make an effort to see things as they are, undclouded by wishful thinking or negative expectations. The planets indicate you can achieve more now than at just about any other time.

Cancer

June 22 - July 23

Your confidence is high and you are intensely ambitious, but the planets warn that someone you think of as a friend is jealous of your success and plotting against you. Watch your back.

Leo

July 24 - Aug. 23

Although you think you know what is going on you would still be wise to wait a day or two before making any major decisions.

Virgo

Aug. 24 - Sept. 23

You need to make a serious effort to sort out your problems with partners and loved ones. You may not want to make the first approach but if you do you won't regret it. Show that you are ready to talk things through.

Libra

Sept. 24 - Oct. 23

Someone in a position of authority will look on you kindly today. What have you done to deserve their support? Who knows, but you would be a fool not to make the most of it.

Scorpio

Oct. 24 - Nov. 22

Anything of a creative nature will go well, but it will go even better if you make an effort to involve loved ones in what you are doing. Don't let others feel left out. Let them help you.

Sagittarius

Nov. 23 - Dec. 21

The Sun in Aquarius makes you more sociable than usual and that's good because other aspects indicate that someone interesting is coming your way.

Capricorn

Dec. 22 - Jan. 20

It may seem as if you are at the mercy of events and all you can do is go with the flow but is that the right sort of attitude? You're a Capricorn. You're supposed to make things happen. Show you have not lost your leadership potential.

Aquarius

Jan. 21 - Feb. 19

It's not like you to be impulsive but you may well throw caution to the wind today. And why not? Tomorrow's Sun-Uranus link suggests you can do no wrong.

Pisces

Feb. 20 - March 20

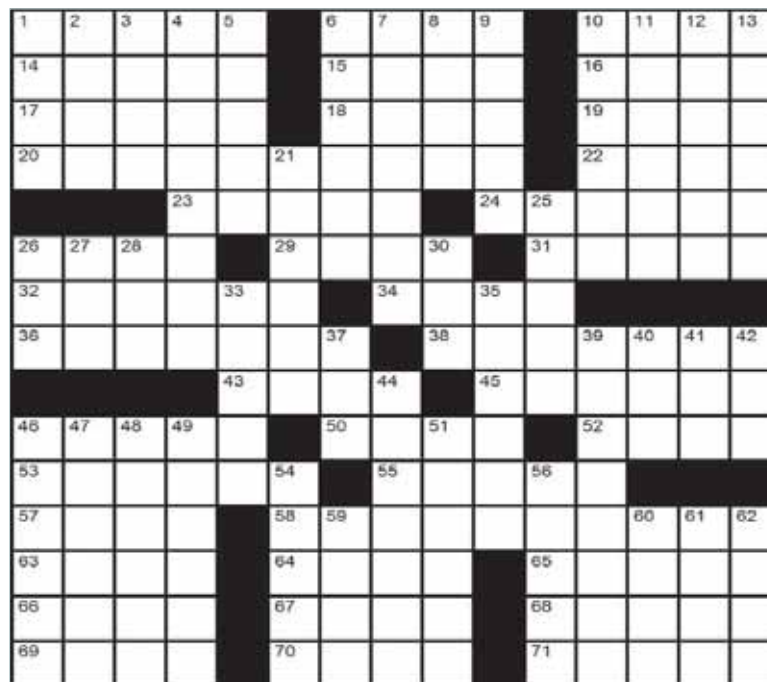
This is one of the most important times of the year for you, especially if you are fed-up with who you are and what you are doing and wish to transform your existence. So, who do you want to be and where do you want to be?

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Squabbles
- Canned meat
- Dismal
- ___-on bag
- Prefix to 'copter'
- Ms. Olin
- Once more
- Designer Mr. von Furstenberg
- Cdn. competi- in 1972
- Canadian snowboarding great/Olympian, Ross ___
- Honk
- Polar Bear snacks
- Odour-ous
- Some cars
- 'M' of Canadian writer L.M. Montgomery
- Beneath
- Opera legend Mr. Caruso
- Has tea elegantly
- Halifax: Mount Saint ___ University
- One of a cute "Star Trek" alien species
- Just ___ on the map
- Bark (as of trees) in French
- Thick tablets
- "Star Trek: Deep Space Nine" character
- Sure signs?
- Environment
- "Giant" (1956) ranch
- Bodily struc- ture, for short
- Supported the vocalist: 2 wds.
- Just in case...
- ___ d'Orsay, in Paris

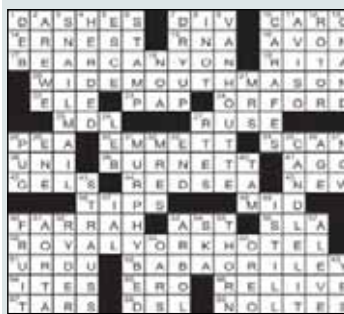


Down

- Boo-boo in Al Pacino's 1983 flick
- Book leaf side
- 'A' in UAE
- Mesozoic Era's first period
- J.M. ___ (Irish playwright)
- 1962 Tommy Roe tune
- Winged horse
- Bunches: 2 wds.
- Cooper cars
- ___-free bread
- Flipped the house
- Footwear accessory
- Self-sacrificer
- Kingston-born Celtic singer, Mary

- Jane ___
25. Billboard's concern
26. Mr. Bacon, to pals
27. Pasta suffix, often
28. Prince Valiant's son
30. 'Said' in Sherbrooke
33. Discontinue
35. Ready-made, commonly
37. Pull along
39. Michael ___ ("Cityline" chef, a Judge on "Master-Chef Canada")
40. William to Harry, for short
41. TV kind
42. Mr. Cummings of poetry, et al.
44. Twister
46. The ___ (Speed metal band Canadian country star Corb Lund was in)
47. Baseball order to bat
48. 1960 film for Canadian actor John Qualen, "North to ___"
49. Werewolf series on Space
51. Part
54. From Sea to Sea: 'A Mari ___ ad Mare', Canada's motto
56. Converses

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-7° / -11°

Flurries

40%

Wednesday

-6° / -12°

Flurries

40%

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WAS \$18,649

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POWER GROUP,

NOW **\$14,999*** OR **\$92BW***

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WAS \$27,649

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